

# Cowboy Up

**Count:** 32    **Wall:** 4    **Level:** Beginner

**Choreographer:** Barbara Hile

**Music:** Cowboy Up by Jill Johnson [CD: The Woman I've Become]

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**Alt. Track: The Woman I've Become by Jill Johnson**

**16 count intro**

**3 WALKS FORWARD, HEEL, HEEL, 3 WALKS BACK, STOMP, STOMP**

1-2-3&4        Walk forward stepping right, left, right, touch left heel forward twice

5-6-7&8        Walk back stepping left, right, left, stomp right foot twice beside left

**STEP, SLIDE, STEP, TOUCH, STEP, SLIDE, STEP, TOUCH**

1-2-3-4        Step right to side, slide left beside right, step right to side, touch left together

5-6-7-8        Step left to side, slide right beside left, step left to side, touch right together

**DOUBLE HIPS BACK, DOUBLE HIPS FORWARD, SINGLE HIP BUMPS**

1-2-3-4        Step right back double hip bumps, step left forward double hip bumps

5-6-7-8        Single hip bumps, back, forward, back, forward

**VINE RIGHT, TOUCH, VINE LEFT ¼ LEFT TURN, TOUCH**

1-2-3-4        Vine right, touch left together

5-6-7-8        Step left to side, cross right behind left, turn ¼ left turn left forward, touch right together